

SECRET



# SECRET OF JOY



OF JOY

September 15, 2019

# Reflections

Imagine you have a radio that no matter how you turn the knob picks up only one station. You have no control over the volume. At times the sound is barely audible, at others, it is so loud that it almost shatters your eardrums. Moreover it is impossible to turn it off; at times it will be slow; it will suddenly begin to blare away when you want to rest and sleep. Who would put up with this kind of performance in a radio?

And yet when your heart behaves in this kind of crazy fashion you not only put up with it but even call it normal and human. Think of the numerous times you were tossed about by your emotions, that you have suffered the pangs of anger, depression, anxiety, when in every instance it was because your heart became set on getting something that you did not have, or on holding on to something that you had, or on avoiding something that you did not want. If you want to repair your radio, you must study radio mechanics. If you want to reform your heart, you must give serious, prolonged thought to [this] liberating truth.

- Anthony De Mello, *The Way to Love*

Don't you know life is like a military campaign? One must serve on watch, another in reconnaissance, another on the front line. . . So it is for us—each person's life is a kind of battle, and a long and varied one too. You must keep watch like a soldier. . . You have been stationed in a key post, not some lowly place, and not for a short time but for life. . . Difficulties show a person's character. So when a challenge confronts you, remember that God is matching you with a younger sparring partner, as would a physical trainer. Why? Becoming an Olympian takes sweat! I think no one has a better challenge than yours, if only you would use it like an athlete would that younger sparring partner.”

- Epictetus, *Discourses*

# Scripture

Philippians 4:2-9

<sup>2</sup> I entreat Euodia and I entreat Syntyche to agree in the Lord. <sup>3</sup> Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

# Sermon

*Every Thought Captive*

Rankin Wilbourne

# Information and Resources

View and sign up for all events on our mobile app, website ([PacificCrossroads.org/Events](https://PacificCrossroads.org/Events)) or speak with someone at the 'New Here' tent.

## General Fund Update (as of 9/1/19)

Offerings Budget: **\$2,888,722**

Expenses Budget: **\$3,375,164**

Offerings Actual: **\$2,634,055**

Expenses Actual: **\$2,976,771**

To give from your phone, text **give2pcc** to **77977**

## Sunday Volunteer Roles Needed

**Westside:** Coffee Service, Communion Team, Welcome Team, Children's Ministry Teachers

**Downtown:** Hospitality, Prayer Team, Children's Ministry Teachers

To serve on Sunday or to volunteer for any of these roles

Email: [alexscott@pacificcrossroads.org](mailto:alexscott@pacificcrossroads.org)

## Congregational Care

Our congregational care team is here to help if you are in a difficult place.

Email: [congregationalcare@pacificcrossroads.org](mailto:congregationalcare@pacificcrossroads.org) or call our office at **310.551.0081**

## Rise Up: A Christian Restoration Program

Join together weekly with others to celebrate God's healing power in our lives.

Email: [thom@pacificcrossroads.org](mailto:thom@pacificcrossroads.org)

## Parking Information

**Westside:** Volunteers will pay for your parking for 30 minutes after service at a garage pay station.

**Downtown:** The Adams' parking structure closes at 8pm. Cars cannot be accessed after that time.